



# WMT APP PORTFOLIO

## Native and Progressive Web Applications

Web & Mobile Technology Program Management Office



For the current issue of the WMT App Portfolio, visit  
**[mobile.health.mil](http://mobile.health.mil)**

# Welcome to the App Portfolio!



The Solution Delivery Division constantly strives to develop and deliver information technology products that help improve the quality of the service we provide our beneficiaries and stakeholders. Our job is to make technology work for everyone. That is why we are excited to spotlight many of our products in the Web & Mobile Technology Program Management Office's App Portfolio.

Defense Health Agency patients, providers, and staff will find useful and simple-to-use health care apps in the Portfolio. As you browse the pages, I encourage you to download any apps that pique your interest. Try them out and let us know how they work for you—we need and value your feedback!

**Col. Marcus Moss**

Chief, Solution Delivery Division



The Web & Mobile Technology Program Management Office is proud to unveil the latest version of the WMT App Portfolio! Whether you are a patient, health care provider, or Defense Health Agency employee, we believe you will find apps that answer your needs.

Our team of highly skilled developers and user experience specialists work directly with patients and health care professionals to produce practical user-friendly apps. Each app goes through rigorous user testing to ensure it is easy to access, download, and use.

We welcome your feedback and invite you to share any innovative ideas for a new app. You will find instructions for submitting your feedback and ideas inside.

**Alistair McLean**

Acting Program Manager,  
Web & Mobile Technology Program Management Office  
Solution Delivery Division

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# What Does WMT Do?

The Web & Mobile Technology Program Management Office is responsible for the development, maintenance, and support of innovative mobile solutions and systems for Department of Defense customers. Key services include the maintenance of many Defense Health Agency websites and collaboration platforms, including Health.mil, tircare.mil and *Inside DHA* (SharePoint), the agency's intranet.

Beyond web and app development, WMT PMO also offers customized graphics, logos, and branch templates among other services. Additionally, it oversees the DHA Usability Lab, which evaluates digital products to identify user pain points, natural interactions, challenging tasks, and the severity of any issues. WMT PMO hopes to further its goal of ensuring a seamless digital experience across all platforms for end users.

The WMT App Portfolio is intended to provide DOD beneficiaries, health care providers, and staff information about mobile apps developed specifically for their needs and use.

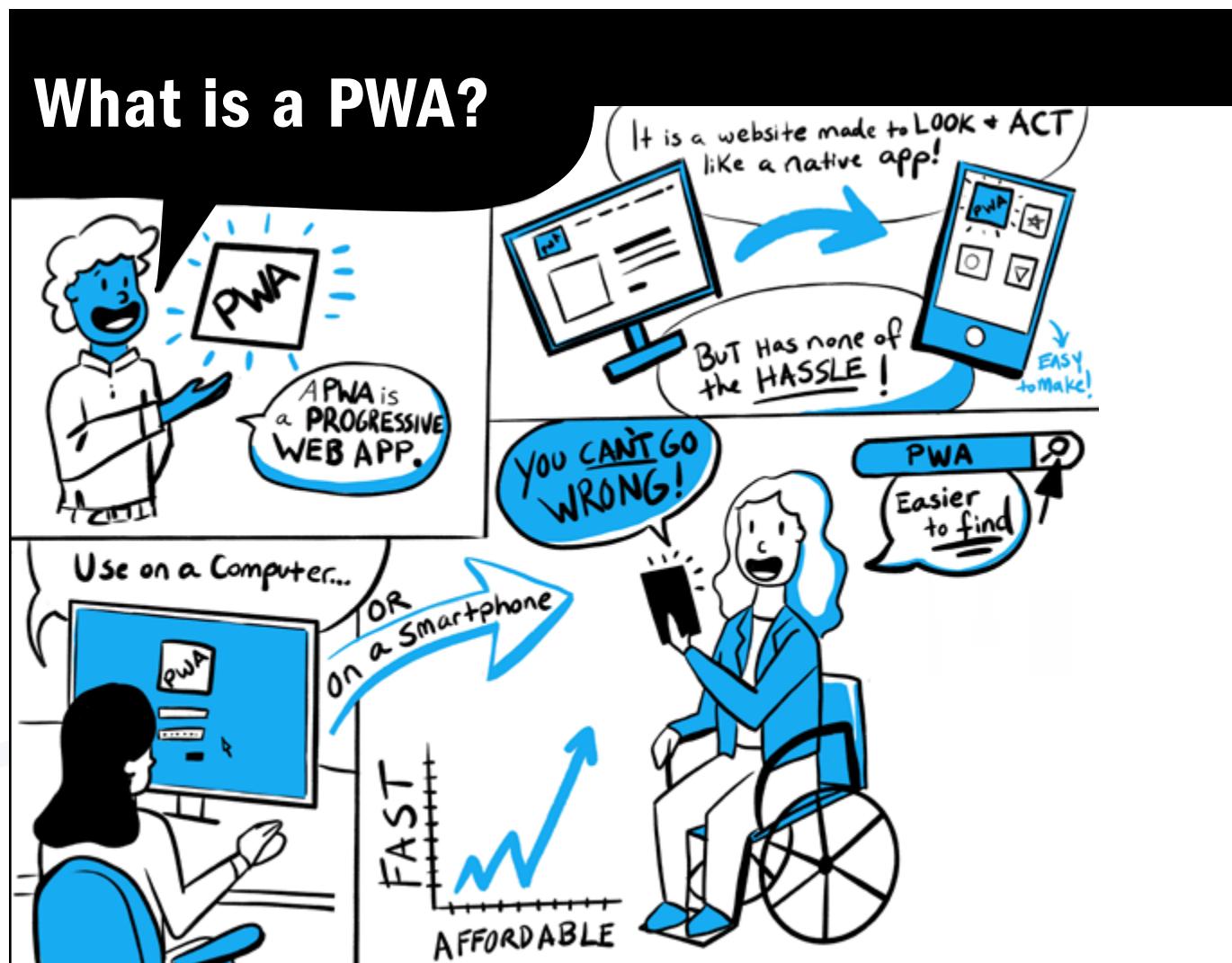
WMT maintains more than 16 active health care-related mobile apps. All apps are available for free download.

This portfolio also provides guidelines for requesting new apps and tools for developing DHA-compliant apps.

# Native vs Progressive Web Apps

Native apps are built for operating systems like iOS or Android. Users can download them from app stores.

PWAs are websites that look and act like native apps (see below).





## Patient Health Apps

# BioZen

## Purpose

BioZen can be paired with external sensors to provide users with live data covering a range of biophysiological signals, including electroencephalogram, and temperature. This data allows users to monitor their results as they practice deep relaxation and meditation techniques.

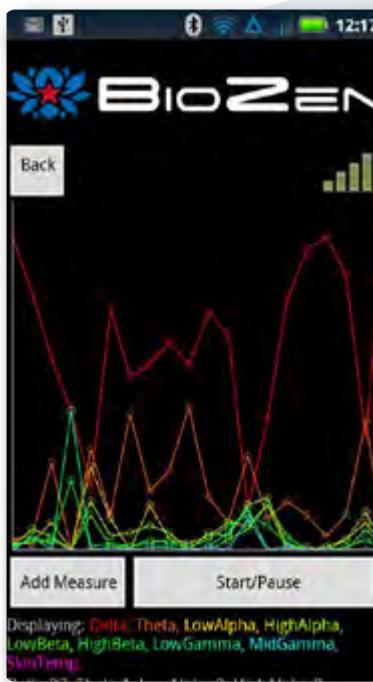
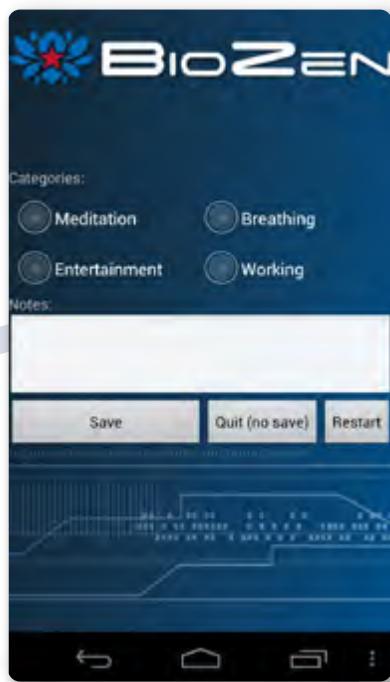
## Benefits

BioZen uses biometric data from external sensors to display brain waves, potentially indicating various cognitive states like meditation and attention. This helps users practice deep relaxation and meditation techniques. The meditation module displays psychological information using customizable graphics that change based on the real-time biometric data recording.



*"I use this daily...Very effective tool to help with focus and relaxation."*

-Mike R



- **DISPLAYS BRAIN WAVES**
- **RECORDS BIOMETRIC DATA**
- **MONITORS PROGRESS**

# Breathe2Relax

## Purpose

Initially designed for the military community, but beneficial to anyone, this relaxation app trains you on the “belly breathing” technique that has proven benefits for overall mental health. Use the app’s breathing exercises to learn and practice the breathing technique on your own or as part of a stress management program supervised by your health care provider.

## Benefits

Users can use Breathe2Relax to learn how stress affects their body, lower stress levels, and reduce anxiety in their daily lives. Features easy to follow breathing exercises.

## Supports the Mission By

Strengthening the warfighter’s ability to stay mission-ready under stress by teaching diaphragmatic breathing techniques that help stabilize mood and improve focus in operational environments.



GET IT ON  
Google Play

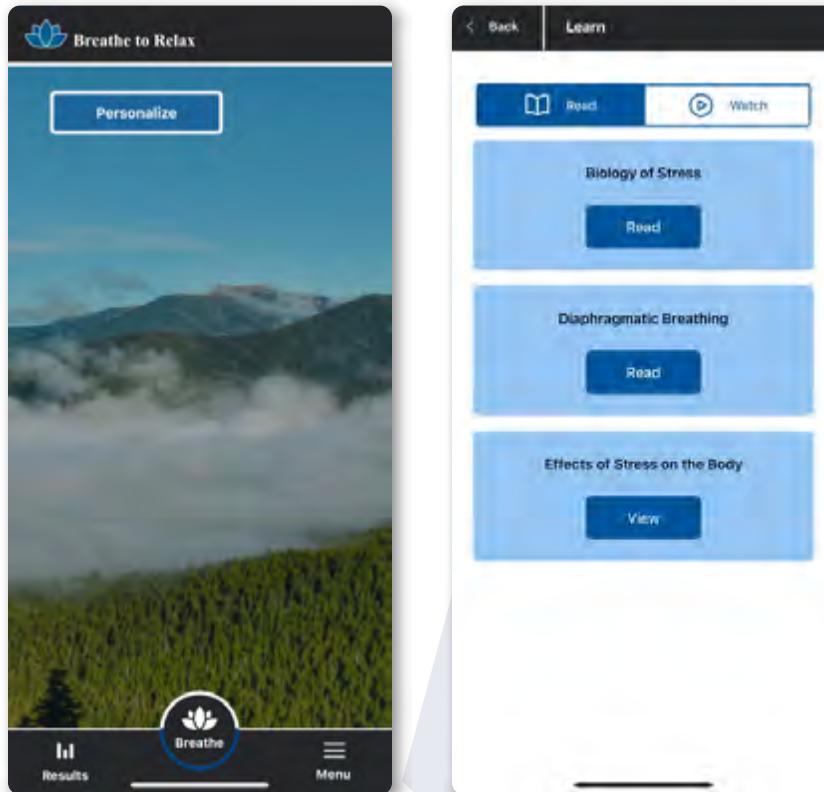
Download on the  
App Store

Available for web  
Download



*“My assigned Post Traumatic Stress Disorder psychologist at the VA recommended this app to me. I was very skeptical at first but wow. This app improved my quality of life just with simple breathing techniques...”*

-Dunksterr



● **UNDERSTAND  
STRESS**

● **REDUCE STRESS**

● **LEARN  
BREATHING  
SKILLS**

# Decide + Be Ready

## Purpose

Decide + Be Ready contains evidence-based information on the most common forms of contraception available. The app has a unique interface and incorporates individual preferences and health conditions to help patients make the best decision regarding their contraception needs.

## Benefits

Provides important contraceptive information for patients and prescribers. Compares contraceptive methods.

## Supports the Mission By

Helping servicewomen make informed, timely decisions around contraception and menstrual regulation, reducing lost duty days and enhancing deployment readiness.



*"Excellent tool for service members most especially new members! Women's reproductive health is SO important..."*

-Tiffany R

- **CONTRACEPTIVE INFORMATION**
- **HEALTH CONSIDERATIONS**
- **USEFUL SCHEDULES**

# DHA MedCard

## Purpose

DHA MedCard allows Department of Defense pharmacies to capture and verify the validation dates of third party payers for DOD beneficiaries. Additionally, the app provides the user a way to capture information on themselves and family members that may be helpful when interacting with a pharmacist. Currently, this application is only supported at the following Air Force Bases: Hill, Mountain Home, Tinker, Grand Forks, Edwards, and Whiteman; and Joint Base McGuire-Dix-Lakehurst.



## Benefits

Facilitates informed decision-making between the user and pharmacists. Allows users to manage prescription pickup authorizations whereby a photo is taken of a note authorizing a proxy to take receipt of the medications.

## Supports the Mission By

Improving pharmacy workflow and patient experience by streamlining third-party payer validation and pickup logistics—ensuring uninterrupted access to prescriptions critical for operational health.

## ● PROFILE SET UP

## ● PRESCRIPTION AUTHORIZATION

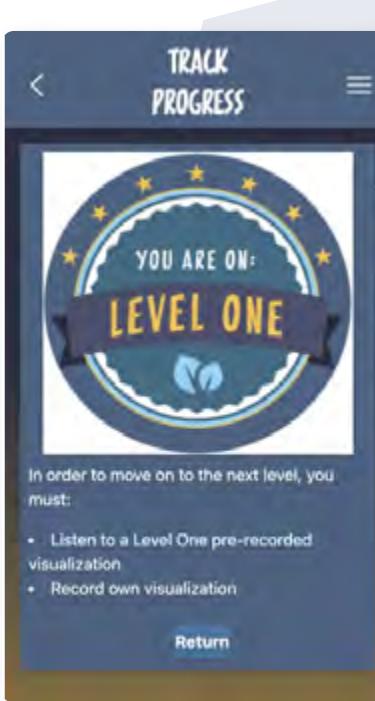
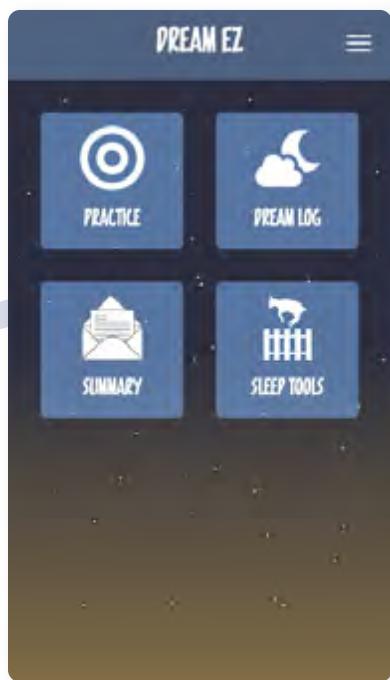
# DreamEZ

## Purpose

Dream EZ uses principles from Imagery Rehearsal Therapy (IRT) to help users control their nightmares by diminishing the intensity and frequency, resulting in a better night's sleep. By engaging in dream prescription and imagery rehearsal, the dream content becomes less disturbing and less likely to cause a person to wake up from a nightmare. People who use IRT report that their nightmares happen less frequently, do not happen at all, or tend to be less disturbing, which makes it easier to return to sleep.

## Benefits

IRT is a proven, non-medication treatment that helps a user re-imagine the script of their nightmare to rewrite it for a more pleasant outcome. The brain's imagery system can be retrained over time to change the storyline of a nightmare.



- **TRACKS DREAMS**
- **REDUCES STRESS**
- **AIDS RELAXATION**
- **CAN BE USED ON ITS OWN, OR WITH A PROVIDER TRAINED IN IRT**

# Pain and Opioid Safety

## Purpose

The Pain and Opioid Safety app provides users and prescribers resources that could save lives. The app includes clinical practice guidelines, training references for providers, and a frequently asked question section for patients.

## Benefits

Provides important opioid information for users and prescribers. Serves as a point of reference for provider opioid training.

## Supports the Mission By

Safeguarding long-term readiness by promoting safe pain management practices, minimizing opioid misuse, and supporting patient-provider communication to maintain deployability.



*“Informative”*

-Yegor S.

*“Awesome”*

-Alex M.

**PAIN & OPIOID SAFETY**

**National Capital Region Network** Where the Nation Heals its Heroes...

**Mission Statement**

The Pain and Opioid Safety app provides users and prescribers resources that could save lives. The app includes Clinical Practice Guidelines, training references for providers, and frequently asked questions for patients.

**For the Patient**

- Pain Assessment Tool
- Patient Support

**For the Provider**

- Providers Resources
- Clinical Practice Guidelines

If you have an emergency, please refer to the Crisis Hotline.

**Info** **Log Pain** **Results** **Providers**

● **POINT OF  
REFERENCE**

● **GREAT  
RESOURCES**

● **CLINICAL  
PRACTICE  
GUIDELINES**

# Tactical Breather

## Purpose

Tactical Breather can be used to control physiological and psychological responses to stress. Through repetitive practice and training, you can learn to gain control of your heart rate, emotions, concentration and other responses during stressful situations.

## Benefits

Learn breathing techniques to gain control over stressful situations. Customizable graphics and audio. Play interactive games and exercises.

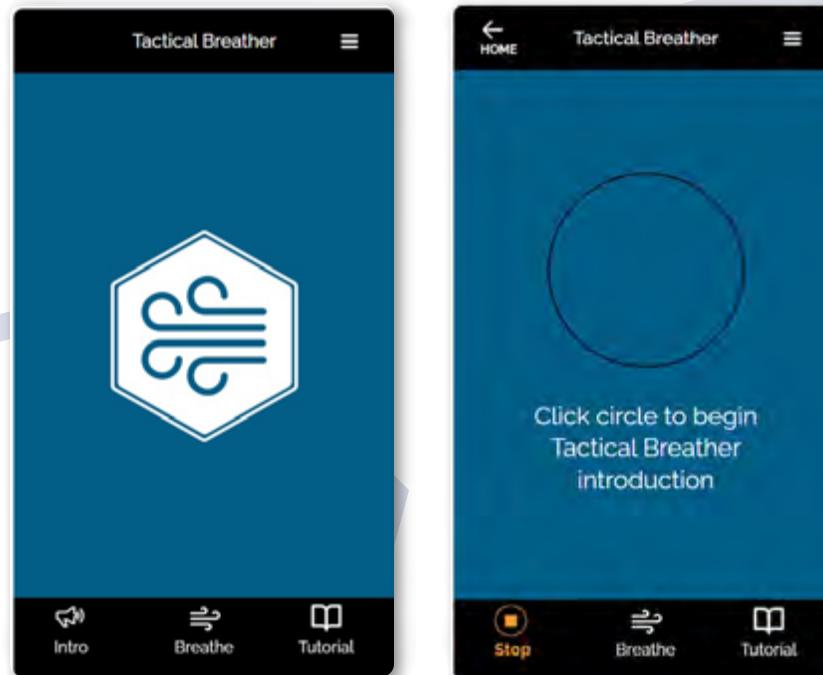
## Supports the Mission By

Training service members in rapid stress-reduction techniques that can be applied during combat, field operations, or high-intensity training—boosting mental resilience and readiness.



*“Excellent! To be calm, act calm, practice calm. As a type A personality, former Marine/ Purple Heart, with ADHD and self-employed. Practice tactical breathing, it works”*

-Marc W



- **CONTROL STRESS**
- **BREATHING TECHNIQUES**
- **PERSONALIZED GRAPHICS AND AUDIO**

# Virtual Hope Box

## Purpose

The VHB is a smartphone application designed for patients and their behavioral health providers as an accessory to treatment. The app contains simple tools that encourages positive thinking and aids in relaxation.

## Benefits

Patients and providers can work together to personalize the VHB content on the patient's own smartphone according to their specific needs. The patient can then update or add content on their own from any location. VHB uses supportive audio, video, mindfulness exercises, games, and other tools to help regulate emotions and cope with stress.

## Supports the Mission By

Equipping service members with on-demand tools for emotional regulation, stress reduction, and self-management—essential for performance in high-pressure operational settings.



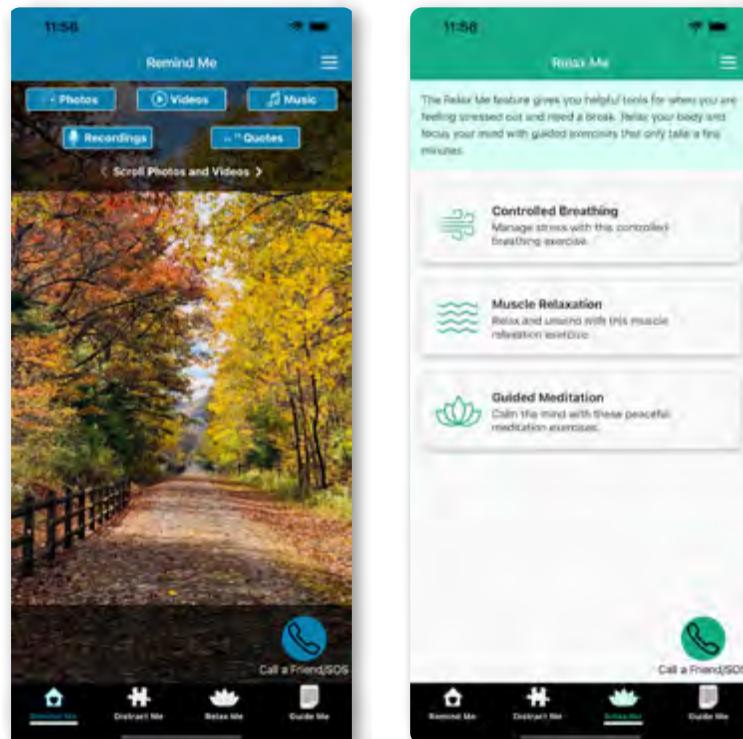
*"I use the games on this app to work on relaxing and keeping my mind busy on one thing. I find myself using the app multiple times a day to just slow myself down. I hope others are getting relief using it as well."*

- Elmo79andy

- **EMOTIONAL REGULATION**

- **ACTIVITY PLANNING**

- **CONTROLLED RELAXATION**





## Provider Apps

# Antimicrobial Stewardship

## Purpose

The Antimicrobial Stewardship app contains an array of information for providers on microbes and drug effectiveness by region. The app also includes resources on COVID-19 and Mpxo.

## Benefits

The app helps providers determine the effectiveness of different drugs against various microbes, assisting both patients and providers with medical treatment options.

## Supports the Mission By

Maintaining warfighter health and reducing hospitalization rates by guiding appropriate antimicrobial use—critical in both austere and clinical Military Health System settings.



Two screenshots of the DHA Antimicrobial Stewardship app. The left screenshot shows the main menu with icons for Inpatient Guidelines, Outpatient Guidelines, Perioperative Antibiotics, COVID-19, and Mpxo, along with a Vancomycin Calculator icon. The right screenshot shows the "ADULT GUIDELINE FOR ANTIMICROBIAL PROPHYLAXIS IN SURGERY" section, listing categories like Biliary Tract, Breast, Colorectal, Gastrointestinal, Head and Neck, Hernia Repair, Neurosurgery, and Obstetrics/Gynecology, each with a dropdown arrow.

- DRUG EFFECTIVENESS
- MICROBE INFO
- RESOURCES

# DHA Pediatrics

## Purpose

The DHA Pediatrics app contains information for pediatricians at various military hospitals and clinics. This app contains a multitude of resources for providers all in one place for quick access.

## Benefits

Provides resources including pediatric-specific disease guides and standard operating procedures, medical libraries, clinical practice guideline algorithms, and handbooks. The app allows pediatricians at military hospitals and clinics to quickly get a second opinion from a DHA specialist when needed. Additional resources include a conversion calculator, Antimicrobial Stewardship link, child advocacy program information, and vaccine schedules.

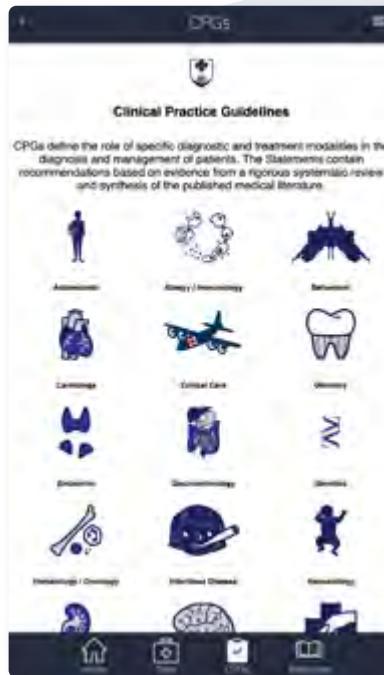
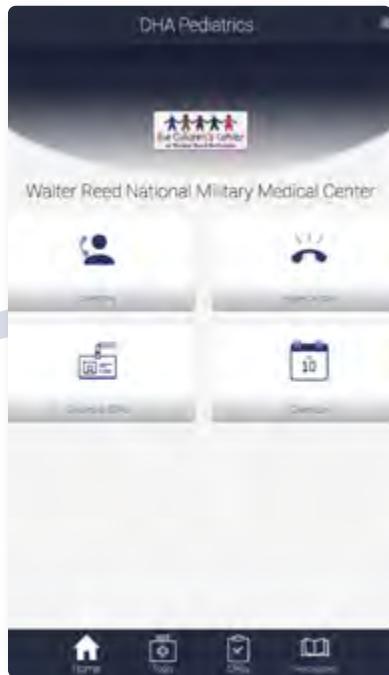
## Supports the Mission By

Supporting family readiness and military child health by offering quick access to pediatric guidelines, ensuring dependents receive consistent, high-quality care.



*"The DHA Pediatrics app is an effective tool to extend a clinician's capabilities and inter-professional communication between Defense Health Networks and users world-wide"*

- Developer



- **CAPABILITY FOR IMMEDIATE CLINICIAN-TO-CLINICIAN CONSULTATION**
- **EASILY ACCESSIBLE PEDIATRIC RESOURCE GUIDE**
- **LINKS TO ANTIMICROBIAL INFORMATION**

# Immunization Toolkit

## Purpose

The Immunization Toolkit app provides practical immunization reference information for Department of Defense beneficiaries and providers. The app was developed following evidence-based national recommendations and clinical practice guidelines.

## Benefits

Keeps providers and military personnel up to date on all immunization practices and options for a variety of ailments. This information is routinely updated to ensure currency and accuracy.

## Supports the Mission By

Protecting the force against preventable disease outbreaks through centralized access to immunization policies, ensuring medically ready personnel.



 A screenshot of the ITK Mobile App interface. The top navigation bar is red with the text "ITK Mobile App". Below the navigation bar, there is a search bar and a "Discover" button. The main content area is divided into four sections: "Find Immunization", "Vaccines", "Immunizing", and "Adult & Military Immunizations". On the right side of the screen, there is a "Resources" sidebar with links to various immunization-related websites and resources.
 

**Resources**

**Vaccines On Health.mil**  
The official website for military vaccines. This site provides access to current immunization program information for DoD and the Military Services. Because DoD immunization programs are built on the foundation of national standards of immunization practice, this site provides links to other government and non-government sites dedicated to vaccines, immunization practices, and vaccine safety.  
<http://health.mil/vaccines>

**Centers for Disease Control and Prevention (CDC)**  
National Center for Immunization and Respiratory Diseases  
[www.cdc.gov/vaccines](http://www.cdc.gov/vaccines)

**Epidemiology and Prevention of Vaccine-Preventable Diseases (The Pink Book)**  
<http://www.cdc.gov/immicronica/pinkbook/index.html>

**CDC Health Information for International Travel (The Yellow Book)**  
<http://wwwnc.cdc.gov/travel/yellowbook/2014/chapter-1-immunizations-and-vaccines>

**National Immunization Hotline**  
1-800-232-4636 (English)  
1-888-232-2378 (TTY)

**Vaccine Adverse Event Reporting System (VAERS)**  
<http://vaers.hrsa.gov>

● **IMMUNIZATION PRACTICES/ OPTIONS**

● **UP-TO-DATE AND ACCURATE INFO**

# Internal Medicine

## Purpose

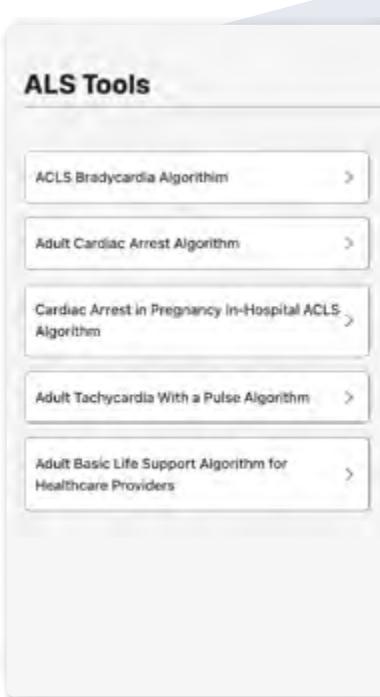
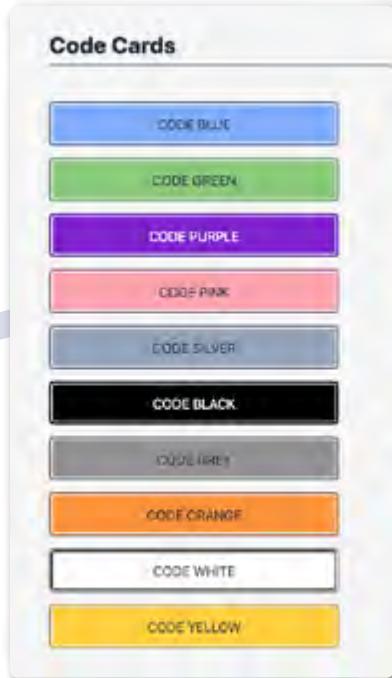
The Internal Medicine app is a collection of clinical practice guidelines, guides, and standard operating procedures intended to give clinicians at military hospitals and clinics easy access to information from their mobile device. This app is currently only in use at Brooke Army Medical Center but may be extended to other locations in the future.

## Benefits

In addition to providing clinicians ready access to critical information, the app also provides a directory for quick access to department phone numbers.

## Supports the Mission By

Reducing diagnostic delays and increasing treatment accuracy by giving military providers mobile access to consistent and reliable resources, ensuring fast, effective care for the warfighter.



- **EASY ACCESS TO CLINICAL PRACTICE GUIDELINES AND OTHER PROCEDURES**
- **DEPARTMENT DIRECTORY OF IMPORTANT PHONE NUMBERS**

# Lejeune Trauma

## Purpose

The Lejeune Trauma app provides clinical practice guidelines for Department of Defense providers at Naval Medical Center Camp Lejeune. The app was developed in partnership with Camp Lejeune's Chief Medical Information Officer and their team.

## Benefits

Provides Camp Lejeune medical teams specific guidance in an easily accessible format that keeps them informed and improves patient safety.

## Supports the Mission By

Improving trauma response consistency and survival rates at military hospitals and clinics by centralizing clinical guidelines—directly supporting life-saving treatment in military populations.



- **EASY ACCESS TO CLINICAL GUIDELINES**
- **IMPROVES PATIENT SAFETY**

# Provider Resilience

## Purpose

Provider Resilience gives health care providers tools to protect against burnout and compassion fatigue as they help service members, retirees, and qualified family members. Users complete a short self-assessment that assesses their risk factors and generates ratings based on their responses. These ratings can be viewed as graphs and monitored over time. A clock showing time until their next vacation, inspirational cards, stretches, and other resources all encourage the user to take restful breaks.

## Benefits

Provides encouragement for providers while giving them the tools to monitor and guard against burnout, compassion fatigue, and traumatic stress.

## Supports the Mission By

Preserving the strength of the health care force by preventing burnout and secondary traumatic stress, ensuring continuous care for the warfighter.

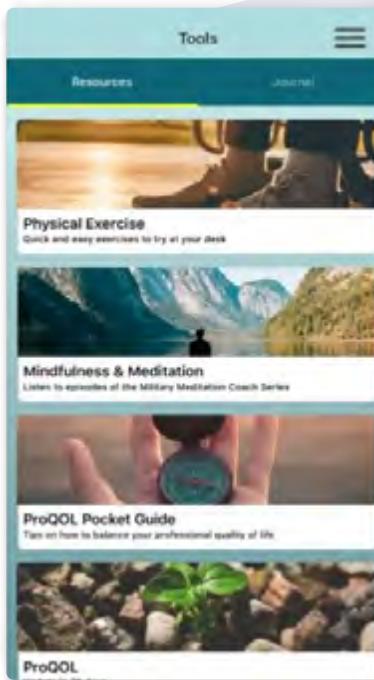
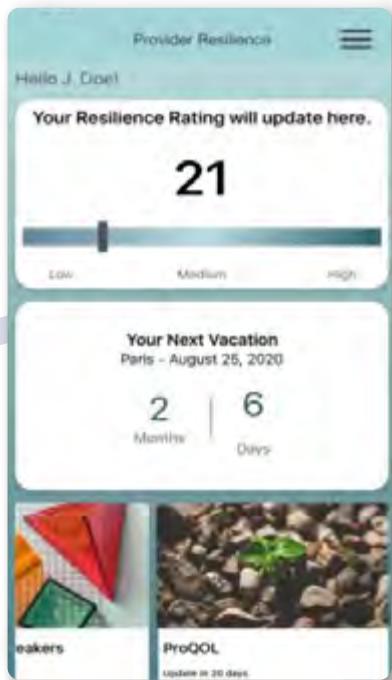


Available for web  
[Download](#)



*"User friendly Does what it says it does. No hiccups yet. I use it but as a trauma counselor. Still very accurate and applicable."*

-Laura Morin



- GUARDS AGAINST BURNOUT
- ASSESSES FATIGUE RISK
- PROVIDES STRESS COPING TOOLS

# Warfighter Brain Health Provider Toolkit

## Purpose

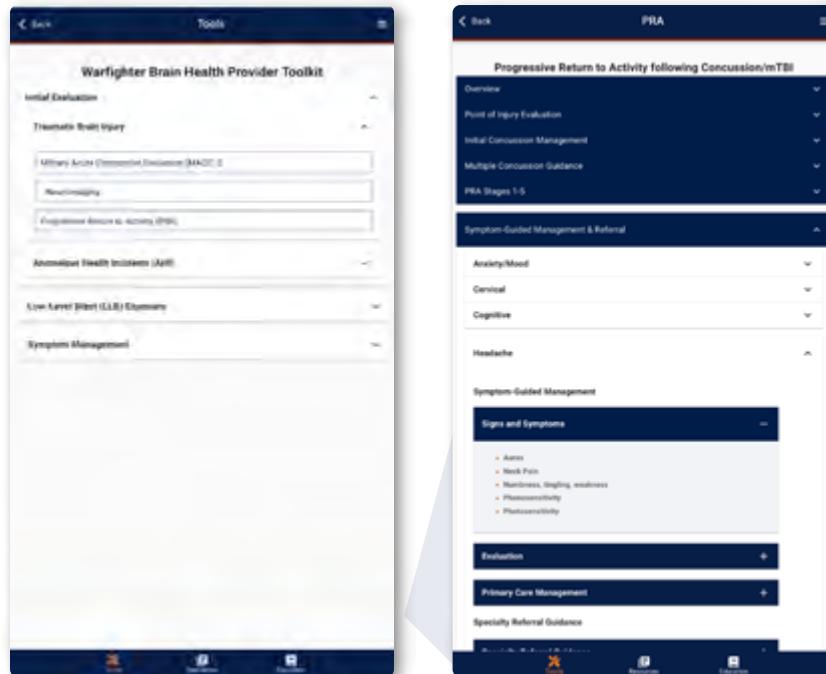
The Warfighter Brain Health Provider Toolkit app is a comprehensive resource for providers and medical support staff, designed to streamline management of patients' brain health. The app, developed in partnership with the Traumatic Brain Injury Center of Excellence (TBICoE), the Department of Defense, and the Department of Veterans Affairs, offers a wealth of resources. These include the Military Acute Concussion Evaluation 2, the Progressive Return to Activity protocols, clinical recommendations, and fact sheets for both providers and patients. The app addresses issues related to traumatic brain injury and low-level blast exposure.

## Benefits

Centralizes brain health resources from TBICoE, DOD, VA, and the Joint Trauma System. Offers comprehensive support and a standardized system for health care providers, medical support staff, and patient management in addressing traumatic brain injury care.

## Supports the Mission By

Improving return-to-duty decisions and enhancing field care by standardizing concussion evaluation procedures at home station and deployed settings.



- **STREAMLINES  
DIAGNOSTIC  
PROCESSES**
- **IMPROVES  
ACCURACY OF  
EVALUATIONS**
- **REDUCES  
SPECIALIST  
REFERRALS**



## Personnel Readiness App

# Deployment Readiness Education for Service Women



## Purpose

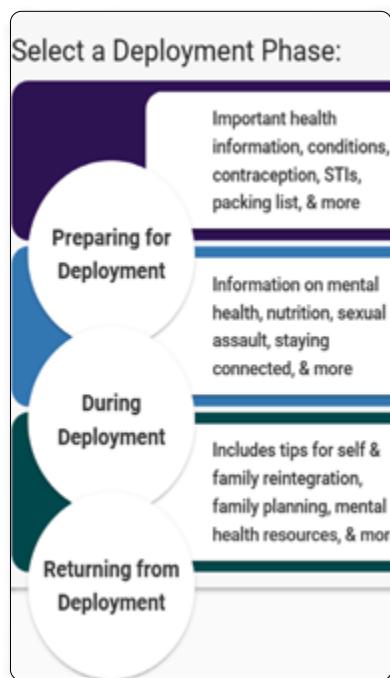
The DRES app is intended to provide female military members information about contraceptives and menstrual suppression to help them prepare for deployment. One study revealed that only 39% of women received contraceptive counseling before deployment. Additionally, only seven percent of women reported practicing menstrual suppression, and 13% of those deployed to combat lost duty days for menstrual issues.

## Benefits

DRES provides servicewomen resources to support healthy decision-making, practice menstrual suppression, and reduces the need for sick call visits. DRES is available to all service members.

## Supports the Mission By

Preparing servicewomen to manage their health independently before, during, and after deployment—minimizing unplanned medical encounters and maintaining operational availability.



- **CONTRACEPTIVE COUNSELING**
- **DEPLOYMENT-RELATED RESOURCES**
- **HEALTHY DECISION-MAKING**



## Organization Apps

# Alexander T. Augusta Military Medical Center

## Purpose

The Alexander T. Augusta Military Medical Center app is a searchable directory for navigating the military hospital located at Fort Belvoir, Virginia. The app features an easy-to-use home screen that enables users to quickly find their way to and around the facility, along with links to the hospital pharmacy and laboratory, patient resources, and contact information.



*"It has good information. I think a useful feature to add would be a search button for the maps. So, I could say search "Labor and Delivery" and it shows me the map of where that is at and maybe even the site page for that office."*

-Emily G.



- **FACILITY GUIDE**
- **PARKING LOCATOR**
- **LINKS TO VARIOUS RESOURCES**

# Womack Army Medical Center

## Purpose

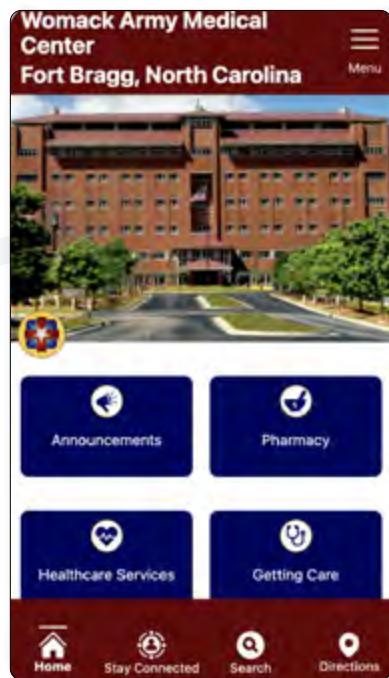
WMT PMO collaborated with the Womack Army Medical Center Information Management Division at Fort Bragg, North Carolina to release a WAMC mobile app. The app provides Department of Defense beneficiaries with information on the hospital's health care services, pharmacy and prescription refill information, guidance on accessing care, and up-to-date announcements. The app also includes resources for patients, such as bereavement support, access to the MHS GENESIS Patient Portal, along with extensive information on how to easily maintain personal information in the Defense Enrollment Eligibility Reporting System.

## Benefits

The app improves communication and simplifies beneficiaries' access to care and resources.

## Supports the Mission By

Improving health care access and operational readiness by giving service members and families streamlined access to appointment info, pharmacy services, and essential resources at Fort Bragg—reducing delays in care that could impact deployability.



- **INFORMATION ON WAMC'S HEALTH CARE SERVICES**
- **IMPORTANT NEWS AND ANNOUNCEMENTS**
- **ACCESS TO THE MHS GENESIS PATIENT PORTAL**

# Short-Term or Event-Specific Apps

## Purpose

WMT often produces apps for temporary use, tailored to specific events or conferences. These apps are developed at the request of the event's organizers and provide attendees with important resources and information such as speaker schedules and locations, presentation slide decks, venue maps, frequently asked questions, and other resources. These apps are usually decommissioned soon after the event concludes.

### Examples of these type of PWAs:



## Nursing Practice Oversight Course

The Nursing Practice Oversight Course app was developed at the request of course organizers to support the 350 attendees of the four-day, invitation-only course. The NPOC app provided a course agenda, hotel map, important course information and letters to the field, and speaker biographies.



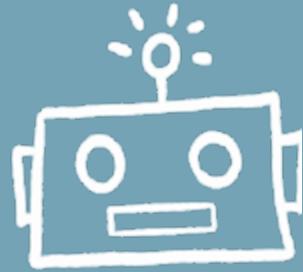
## U.S. Air Force Surgeon General Senior Leadership Workshop

The Air Force Surgeon General requested development of a simple mobile friendly site to host information about their annual workshop. Their requirements included a map of the site, an agenda, and important workshop documents such as communications, registration instructions, and a welcome letter.



## U.S. Air Force Reserve Command Senior Leadership Workshop

WMT developed a simple mobile friendly app at the Command's request to support their bi-annual Senior Leadership Workshop. The app included an agenda, speaker biographies, surveys for collecting feedback, workshop communications, letters to the field, and contact information.



## Future Apps

# Access To Care (National Capital Region)

## Purpose

The Access to Care National Capital Region app will provide beneficiaries information on how to access medical care in Washington, D.C., and the surrounding area. This app is the second in a series of area-specific resource guides planned for the Defense Health Agency. This app will help beneficiaries in the NCR easily access the care and services available to them.

## Benefits

Provides phone numbers, hours of operation, and information on pharmacy, lab, radiology, and other health care services provided at Walter Reed National Military Medical Center and many other D.C.-area hospitals and clinics.



IN DEVELOPMENT



- **SINGLE RESOURCE TO NCR MILITARY MEDICAL CARE AND SERVICES**
- **FASTER ACCESS TO THE MHS GENESIS PATIENT PORTAL**
- **ACCESS TO HEALTH MAINTENANCE GUIDELINES**

# T2 Mood Tracker

## Purpose

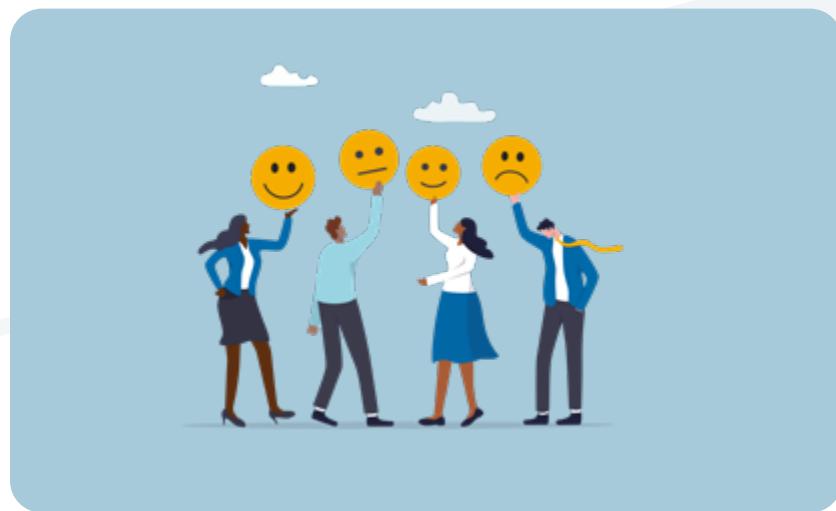
The T2 Mood Tracker app records a range of emotions such as anxiety, depression, post-traumatic stress, and several others. Developed as a tool for service members to record and review their behavior changes, particularly after deployments, it is now popular with many civilian users around the world.

## Benefits

Allows users to monitor and track their emotional health, including stress and lingering symptoms of head injuries. The saved results are displayed in an easy-to-understand graph or spreadsheet that users can transfer wirelessly to a personal computer or email, and then share with their medical teams.



IN DEVELOPMENT



- MONITOR HEALTH
- RECORD EMOTIONS
- USEFUL GRAPHS



**Retired Apps**

# Recently Retired Apps

These applications were officially retired within the last year. This section demonstrates transparency in our lifecycle management and highlights evolving needs.



## Medication Adherence App

The Medication Adherence app was used by patients to track their medications, dates, dosages, delivery methods, and prescription numbers. The app tracked compliance, set reminders, and provided information on several conditions and medications.



## Pediatric to Adult Care Transition App

The PACT app helped youth make the transition from pediatric to adult care by providing information and resources that allowed them to take responsibility for their health care. As children get older, they normally assume the responsibility of managing medical appointments, filling out forms, and keeping track of medications. This change requires a systematic approach to assist them in gaining independent health care skills. The app provided an organized process, ensuring that they had the necessary knowledge and information to receive the care they need.



## San Antonio Military Health System

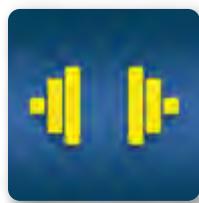
The Access to Care App was a resource guide that used mobile technology to provide information to beneficiaries on how to access medical care in the San Antonio, Texas area. The app provided phone numbers, hours of operation, and information on pharmacy, lab, radiology, and other health care services provided at Brooke Army Medical Center, Wilford Hall Ambulatory Surgical Center, 10 standalone military hospitals and clinics, and over 100 specialists.

# LEGACY HIGHLIGHTS

## Past Successes That Shaped Our Capabilities

These retired apps were foundational in demonstrating unique use cases or technical innovation.

While no longer sustained, they serve as examples of our mobile development within DHA.



### MissionFit

#### Problem It Solved

MissionFit addressed the need for a portable, accessible physical training resource tailored to military populations. It provided service members with a structured 12-week fitness program that could be followed independently, helping improve physical readiness regardless of duty station or deployment status.

#### How It Pushed Boundaries

MissionFit was among the first DHA apps to offer a customizable, mobile-based fitness library with detailed videos, instructions, and motivational tracking. It demonstrated how mobile technology could support standardized physical fitness training outside traditional military training environments, giving users flexibility without sacrificing structure or safety.

#### Legacy Impact

Although no longer sustained, MissionFit proved the effectiveness of mobile fitness tools in supporting military readiness initiatives. It laid the groundwork for future mobile health apps that target comprehensive wellness—integrating physical fitness, resilience, and readiness into digital platforms designed for service members.



### Positive Activity Jackpot

#### Problem It Solved

Positive Activity Jackpot addressed a critical gap in mobile behavioral health tools by helping users combat depression through Pleasant Event Scheduling—a proven clinical technique to improve mood and build resilience through positive activities.

#### How It Pushed Boundaries

PAJ was one of the first DHA mobile apps to combine geolocation technology with behavioral therapy principles, recommending real-world activities based on user location and preferences. This approach paved the way for integrating behavioral health support into everyday life through mobile platforms—a capability now seen as essential to modern digital health strategies.

#### Legacy Impact

While no longer sustained, PAJ showed the potential of blending clinical methods and user-friendly technology, directly influencing later efforts to develop mobile apps focused on psychological readiness, resilience, and quality of life improvements for service members and their families.



# **App Development Tools & App Requests**

# DHA Software Development Kit

## Purpose

The Defense Health Agency Software Development Kit is a toolkit designed for use by DHA staff or teams who want to create mobile web applications quickly and easily. The apps must adhere to DHA design standards, and new tools to assist in the process are created all the time. The DHA SDK is available as a progressive web app.



## Benefits

The DHA SDK includes many prebuilt development modules and is an easy way for developers to start building apps. Modules provide functionality such as databases, graphs, User Interface components, and much more.



- **SMS NOTIFICATIONS**
- **APPLE AUTH**
- **RATING**
- **POUCH CRYPTO**
- **ANALYTICS**
- **SECURITY**
- **G-SPAN**

# Military Hospital and Clinic App Template

## Purpose

This template gives Department of Defense hospitals and clinics a streamlined path to create their own mobile app. Content within each site's app will follow a consistent, flexible template that staff can easily update through the Health.mil content management system.



## Benefits

This new template enables any facility, regardless of size, to have their own mobile app and manage content updates by themselves. This innovative solution helps military hospitals and clinics provide their beneficiaries with current, accessible, and accurate information.



- EASY MAINTENANCE THROUGH MAIN HEALTH.MIL CONTENT MANAGEMENT SYSTEM
- SITES CAN EASILY CREATE THEIR OWN MOBILE APP
- FASTER APP CREATION TIME

# How to Request a Defense Health Agency Mobile App

## 1 | Go to the Request Portal (CAC required):

<https://info.health.mil/apps/HIT/services/SitePages/escMenu.aspx>

6 | VOILA!  
Your app  
request is in!  
See the  
timeline on  
next page.

2 | Click on  
“Mobile App  
Development”

5 | Click  
“Submit”

3 | Click  
“Order Service”

## 4 | Fill out Request Form:

- a. Under “Associated Project” select “Mobile”
- b. For “Short Title” provide a suggested app name
- c. For “Requirement” provide a clear description of the requirements for the requested app
- d. For “Justification,” explain why the app is needed. Include target users and how it would support the Military Health System mission and why other apps will not fulfill the requirements

# Mobile App Timeline

## PRELIMINARY PHASE

**1** Initial Review of Request

**2** Review and Refine Approved Functional Requirement

 5-20 days

**2a** WMT will provide the requestor a projected level of effort

**2b** Requestor accepts level of effort and approves app development, which may include a cost

## DEVELOPMENT AND DELIVERY PHASE

**3** Finalize Technical Requirements

 10-20 days

**4** App Development Process Starts

 5-10 days

**4a** User-Centered Design

**4b** Sprint Cycles of Development

 2-6 months

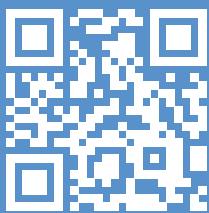
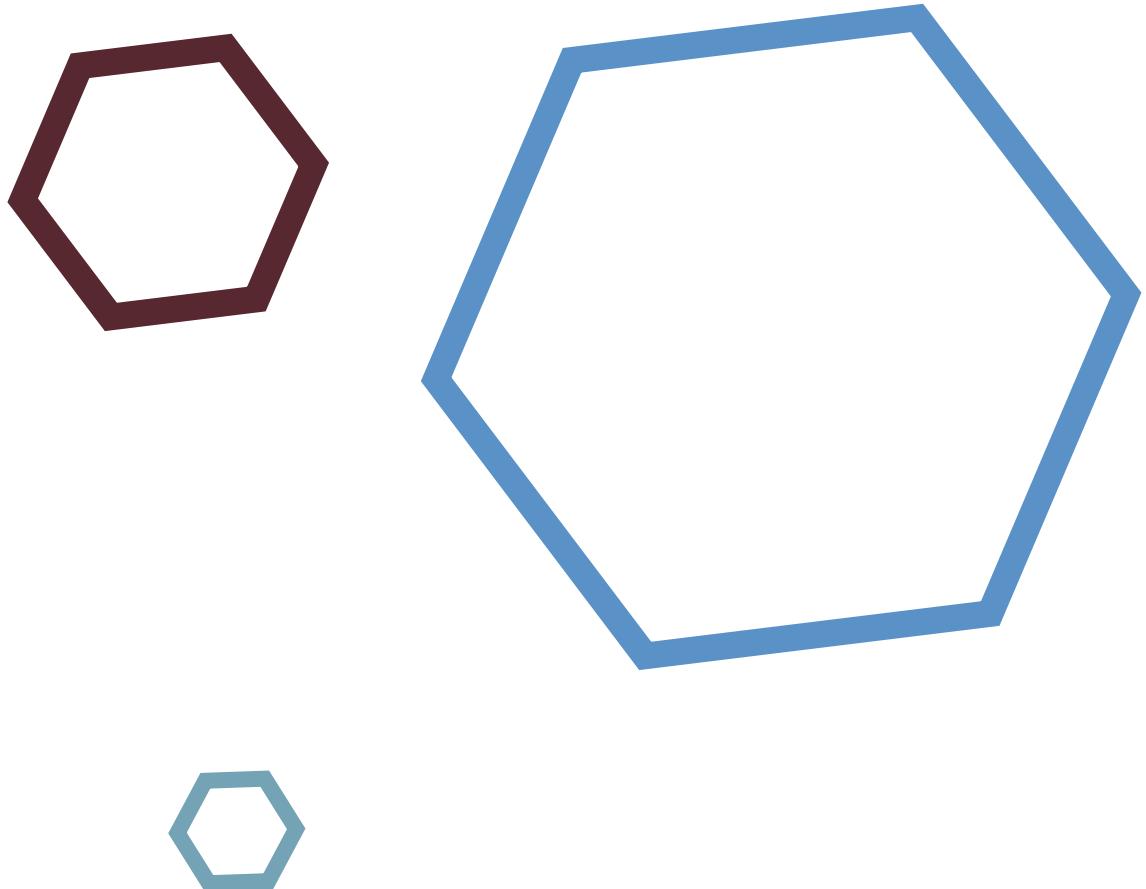
**5** Quality Assurance and User Acceptance Testing

 2-4 weeks

*(Depending on Scope)*

**6** Deliver to Market

 1-3 days



[mobile.health.mil](http://mobile.health.mil)